

Letting Go with Mindfulness



Letting Go Scale

0	1	2	3	4	5	6	7	8	9	10
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Not at all

Completely let go

This approach involves learning how to use mindfulness to let go of worrisome or negative thinking. The purpose of this worksheet is to record your practice of using mindfulness when distressing thoughts occur. Use the **Letting Go Scale** to rate how well you are able to 'let go' of negative thoughts. You may need to refer to other Mindfulness information sheets.

Basic Steps:

1) Ask yourself, **what am I experiencing right now?** What thoughts are around, what feelings, sounds, and body sensations? Allowing yourself to just acknowledge and observe these experiences without trying to change them or answer the thoughts back. Spend 30 seconds to 1 minute just doing this.

2) Now bringing **your focus of awareness to your breath**, focusing on the sensations of your breath as it moves back and forth in your belly. Bind your awareness to the back and forth movements of the sensations in your belly from moment to moment, and let all thoughts go. Spend about 30 seconds to 1 minute doing this.

3) Now **expanding your awareness to sensing your whole body breathing**, being aware of sensations throughout your body. If there are any strong feelings around, try saying to yourself "whatever it is, it is OK, just let me feel it." Allow yourself to breathe with the feelings, acknowledging and letting go of any bothersome thoughts. Maybe saying to yourself, "let go" on each out breath. Continue doing this for about 1 minute.

4) After finishing the previous steps, **complete the table** and rate how much you were able to let go of the negative thought.

Day/Date	Letting Go Rating Before	Describe what happened when you engaged in Mindfulness. <i>What was difficult or easy about letting go of the negative thought, what techniques did you use to practice mindfulness, what feelings did you notice?</i>	Rating After

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